

Vonheim Saga
Published Monthly by
Vonheim Lodge #1-108
Sons of Norway

Fra Presidenten

The Vonheim Lodge Board met on August 2 to plan the program schedule for the remainder of the year. For the upcoming two months we have scheduled two interesting programs---

September 8---The Stavig Letters. This documentary video is based on the stories in the exchange of letters spanning the years from 1881 to 1938 between Lars Stavig who immigrated to America in 1876 and his brother Knut who remained behind in Norway.

October 13---Odell Bjerkness, retired professor and former director of Concordia Language Village and author of many books on a Norwegian theme including his new book "It Takes a Village—the Story of the Concordia Language Village." Recent campers and their families have been invited to participate. The Board has decided that this meeting will take place of the torsk-meatball dinner typically held in October

The Sons of Norway International Convention was held in Bloomington MN on August 15-18. The theme was "Sailing for Growth." Delegates from Vonheim Lodge were Dennis Sorheim and Merle Tingelstad. I attended as a Guest. For further information, refer to International Convention News at the top of page 3.

Fraternally,
Don Teigen
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Join us for the viewing of the *The Stavig Letters: The Story of a Norwegian Immigrant* on September 8th at 1PM at Norway House.

Lars Stavik left Stavig, Norway, in 1876 to first settle near White Bear Lake, MN. Letters were sent home to his half brother, Knut Stavik.

The communication continued into future generations ending in 1937.

The August issue of the Viking Magazine elaborates on their story, but this DVD will be fascinating.

Find out why there is a Stavig House Museum in Sisseton, SD



COMING EVENTS

Meetings are held on **Saturday** at Norway House, 913 E. Franklin Avenue, adjacent to Mindekirken in Mpls. (Lillehaugen Room on the lower level)

Sept 8th 1PM Lodge Mtg
Oct 13th 1PM Lodge Mtg
Nov 10th 1PM Lodge Mtg

Editor's Notes

1. Book Club

Are you interested in reading Scandinavian mystery authors. Only books that are available at the library. The group meets at the VFW on 67th and Lyndale Ave So on the first Saturday of the month.

2. 500 Card Game

Enjoy a monthly game of 500 with SON members who play for fun. The group meets at the VFW on 67th and Lyndale Ave So on the second Thursday of the month.

3. Are you over 60, live in Hennepin County, and needing assistance doing some tasks around your home. The H.O.M.E. program is a non-profit organization whose goal is to allow seniors to live in their homes as long as they want. They can provide mowing, shoveling, light housekeeping tasks--mopping, vacuuming, dusting etc.

4. When you need the bulb in the kitchen light changed, the faucet to stop dripping, furniture rearranged, new batteries in the smoke alarms, and some such tasks done, you need a multi-talented handyman who is trustworthy and reasonable.

Please call me for additional information on any of the above.

Louise Bakken 763-545-4827

Happy National Potato Month!

Potatoes have been an important part of Norwegian cuisine and culture for more than 250 years. They continue to be a staple ingredient in many traditional dishes like dumplings, lompe lefse, hash and hasselback potatoes, but have also played a significant role in Norway's history.

The potato first originated in the Andes in Latin America where it had exclusively grown for 10,000 years before the first Europeans arrived. Those early settlers then brought the potato to Portugal in 1567, and with the help from European religious leaders potatoes eventually made their way to Norway in 1750. Priests and pastors, commonly referred to as "potato priests," were known for growing potato spuds on the grounds of their parsonage at the time. They would often move from district to district and teach people how to cultivate them on their own.

However, it wasn't until the Napoleonic wars in the early nineteenth century when potatoes were fully integrated into the Norwegian diet. The British navy blocked the seas around Norway. This eliminated grain imports from Denmark and struck Norway with famine. In desperate need of a replacement, Norwegians turned to potatoes, and quickly found them to not only be nutritious but also simple to cook, inexpensive, filling and easily grown in the harsh Norwegian climate and soil conditions. The humble potato has been a Norwegian favorite ever since.



International Convention News

It was clear that a lot of recent actions were due to MN Dept of Commerce "recommendations" from their most recent audit of insurance side. They had said there was a need to ensure there is business expertise on the board. That lead to the vetting process through the nominating committee. It lead to a slew of bylaw changes being proposed by the board. They will now be able to appoint 2 director at large positions to up to 2 two-year terms based on needed skill sets. I think the sale of the building was to bolster their surplus to maintain rating. The real concern should be what happens over the next few years. They had also hired separate COO and CFO to gain insurance business expertise cash flow and surplus will be watched carefully.

New board officers are Ron Stubbings, President,. Mark Agerter, VP, Marci Larson, Secretary and Elaine Nelson, Treasurer.

News From Norway

Summer heat this year is not isolated to the USA. Did you know that Norway, Sweden and Finland have also struggled with high temps this summer? 90°F was recorded at the arctic circle, Trondheim and Namsos hit 91°F and Uppsala in Sweden saw almost 94°F temps. Wild-fires in Sweden have been common.

We all know that Norway benefits tremendously from their oil revenues. The government is making its first deposit to rebuild the fund after several years of using it to stabilize their economy. The prime minister has just suggested that the standard work week be increased from 37.5 hours to 43 hours and reducing welfare payments. There is currently a labor shortage as the economy is again healthy.

Roald Amundsen's polar ship Maud has returned to Norway in a museum in Vollen. Intended to reach the North Pole via the Northeast Passage, the ice pack was worse than expected. It took 3 years to get back to a port in Alaska where the ship was sold to Hudson Bay Company. The ship sank in the arctic waters off of Canada in 1930. It was raised from the seabed in 2016 and prepared for transit to its home in Norway.

Hasselback Roasted Potatoes (Hasselbackpoteter)

Ingredients

4 oval baking potatoes, medium
1 Tbsp butter
2 Tbsp butter, melted
Jarlsberg cheese, grated
Paprika

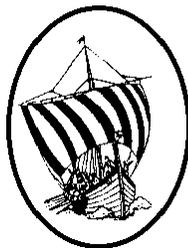
Directions

Preheat oven to 425°F (215°C).

As you peel the potatoes, drop them into the cold water to prevent discoloring. Slice the potatoes by placing a peeled potato in the hollow of a large wooden spoon, and slice it in 1/8 inch (1/4 cm) slices 'till about 1/2 inch (1-1/4 cm) from the end. (The spoon prevents the knife from slicing all the way through the potato.)

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www.Vonheim108.org

www.facebook.com/vonheim108

Mark your calendars

OCTOBER 13 Odell Bjerkness, Executive Director of the Concordia Language Villages for 25 years. His recent book is [It Takes a Village: The Story of the Concordia Language Villages.](#) Recent campers and families will be invited to participate at this meeting. Norway House, 1:00 p.m.

NOVEMBER 10 Potluck and Program at Norway House, 1:00 p.m. Viktoria Borgessen presenting an entertaining program of music and comedy while playing Scandinavian folk tunes on her nyckelharpa.